

STUDENT CONTRACT FOR PE 152

- I understand the standards in this course and that I am responsible for monitoring my own learning (self directed learner/problem solver).
- I understand that the class will focus on my personal practices.
- I understand that I must do a **S2E2 Plan paper**, in which I will analyze where I am and what my plan is for the semester.
- I understand that I will be held regularly responsible for assessing my own work using criteria and standards discussed in class.
- I understand that I will hand in all of the assigned weekly reports, summary paper and S2E2 plan on time to have an opportunity to earn the maximum number of points.
- I understand that the professor will give me two summary evaluations of my grade (mid-term and the last class before finals) so that I will know exactly what my grade is in the class.
- I understand I have written assignments due which must be computer generated.
- I understand that I must keep up with all assignments and that it is my responsibility to seek and find this information if I miss class. **Please use your own resources, class buddy, book, web site or other friends to keep current.**
- I understand that I am **required** to run both 8 minute runs in order to be eligible to pass the class.
- I understand that I will need to have the two Futrex evaluations done so that I can fully understand what happened during the semester.
- I understand that there is no final exam in this class.
- I understand that I need to on a daily basis write down on the weekly form what I am doing in the S2E2 areas.
- I understand that the class will not be graded on a curve. I understand that it is theoretically possible for the whole class to get an A or an F.
- I understand the basis of the final grade follows the information as posted in the syllabus.
- I understand that I must do a **Summary paper**, in which I will analyze what happened during the semester with my health status and what I plan on doing to improve or continue the rest of my life.
- I understand there are three main ways that I will receive information in this class (E-mail, web site and class discussions).

SIGNED: _____ SECTION _____

PRINTED NAME _____ DATE: _____